

Mes recettes de cuisine



en FALC



Recettes **salées**



Cette icône indique que la recette est végétarienne.

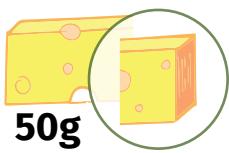
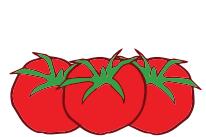


Salade de pâtes

2 Personnes



Ce qu'il faut



un peu
Gruyère

Mayonnaise

Poivre/Sel



Les étapes

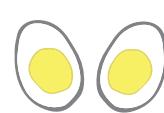
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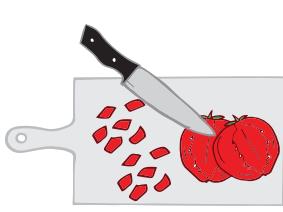
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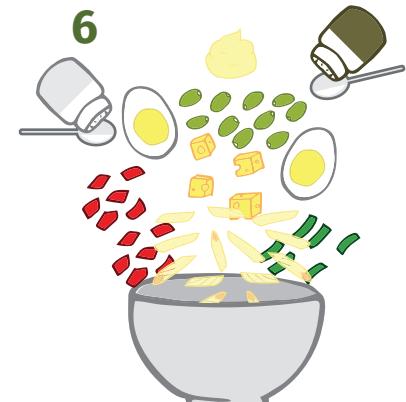
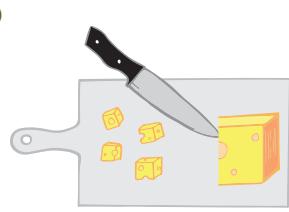
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4



5





Carotte râpées au citron avec des raisins secs

2 Personnes



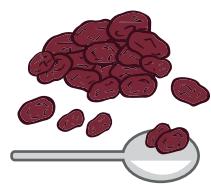
Ce qu'il faut



3
Carottes



Moitié
Citron



Raisins secs



Poivre/Sel

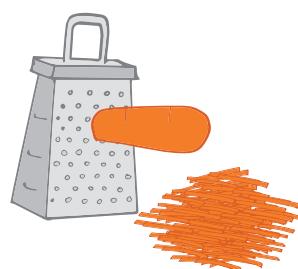
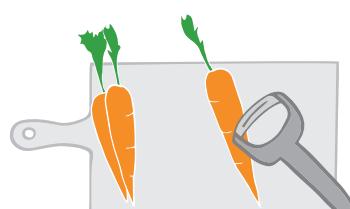


Huile d'olive

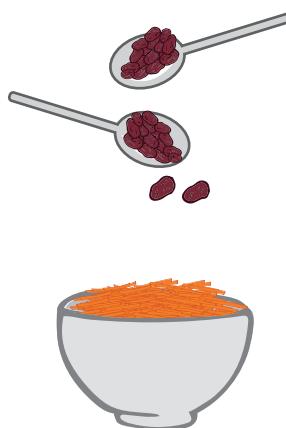


Les étapes

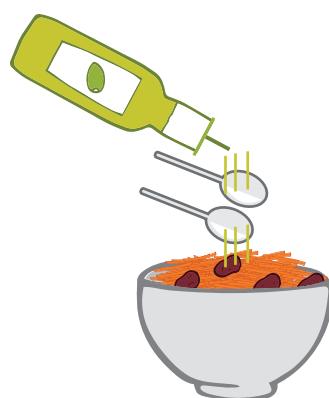
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2



3



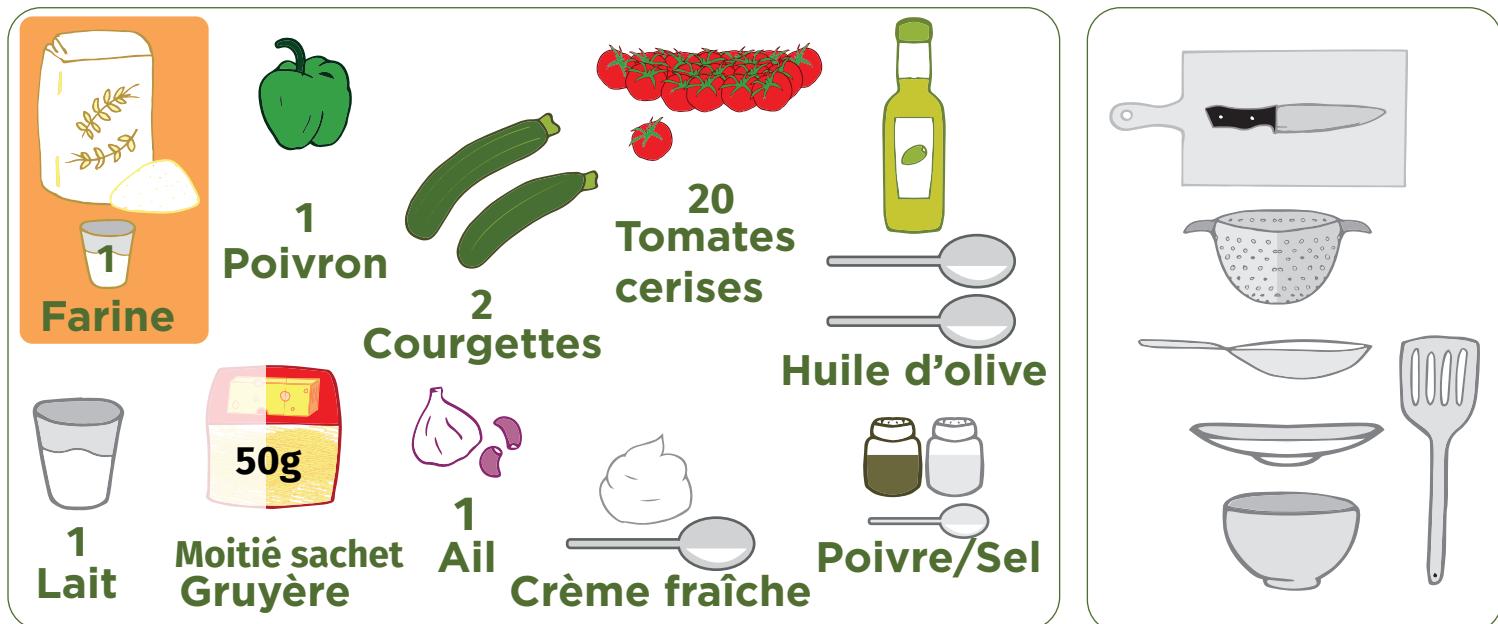


Quiche aux légumes

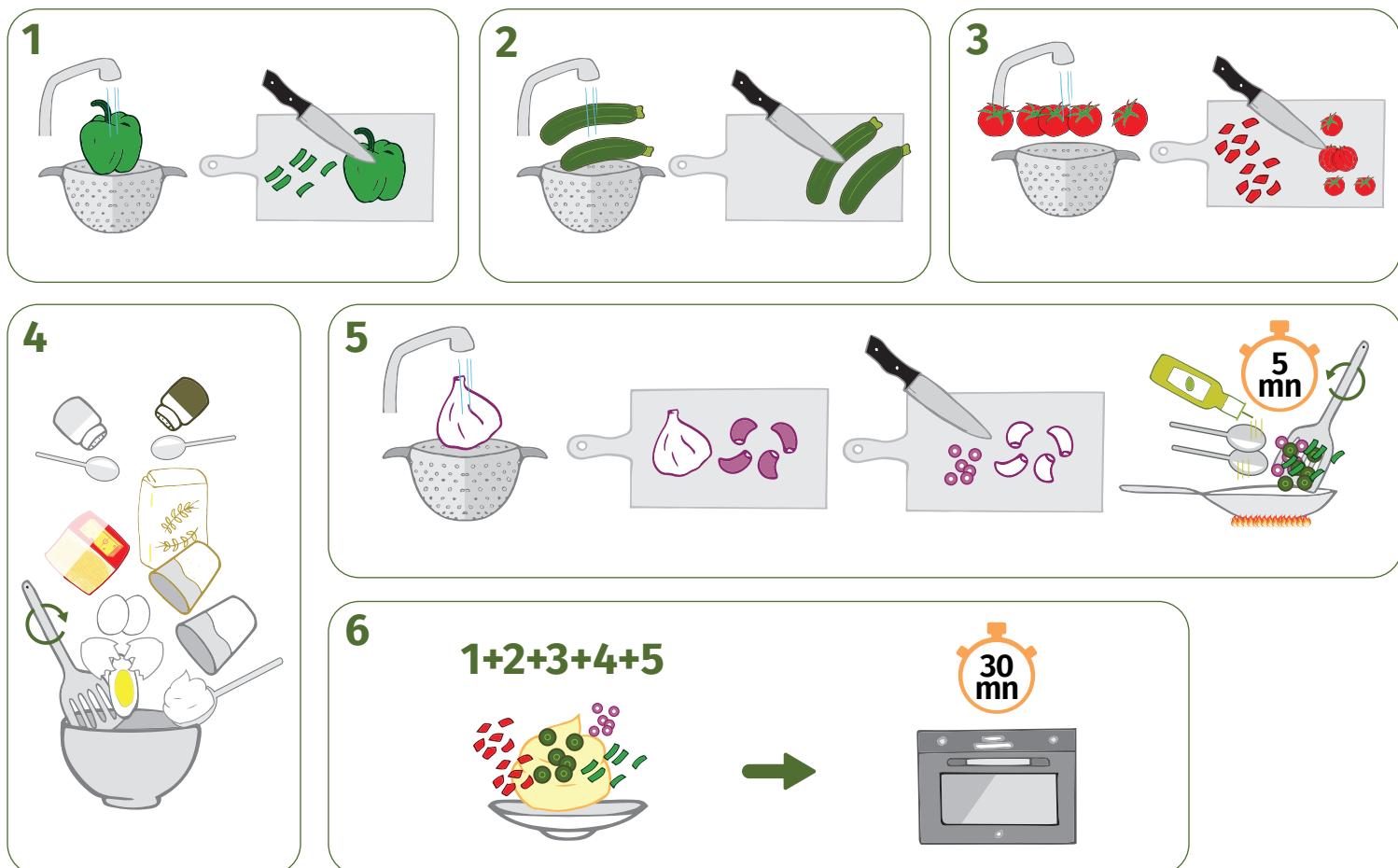
4 Personnes



Ce qu'il faut



Les étapes





Salade de concombre sauce yaourt

2 Personnes



Ce qu'il faut



1 Yaourt nature



3 Tomates



1/2 Concombre



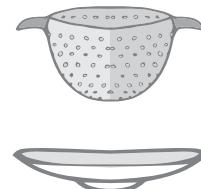
Moitié Citron



5 brins Ciboulette

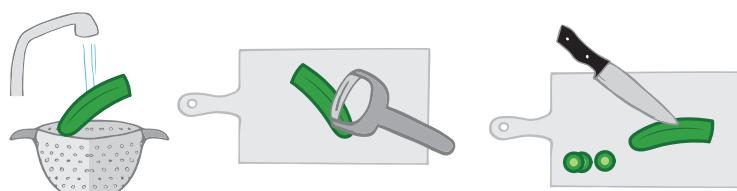


Poivre/Sel

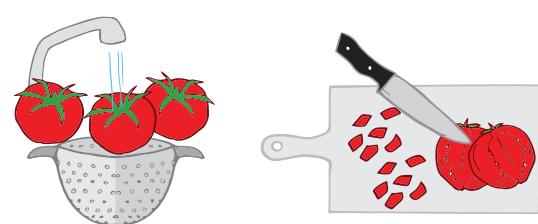


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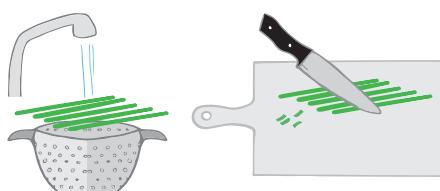
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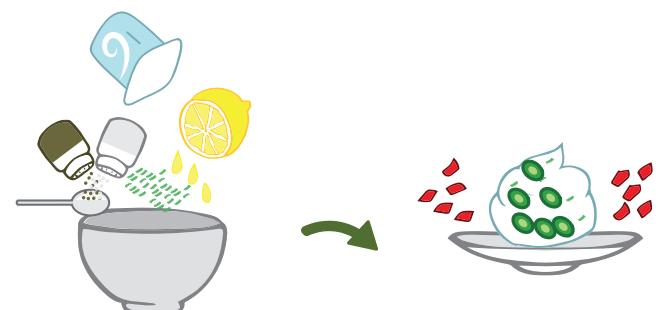
2



3



4





Salade tomates, concombre, fêta

2 Personnes



Ce qu'il faut



Moitié
Oignon



2
Tomates



Moitié
Citron



50g
un peu
Fête



Huile
d'olive



Moitié
Concombre

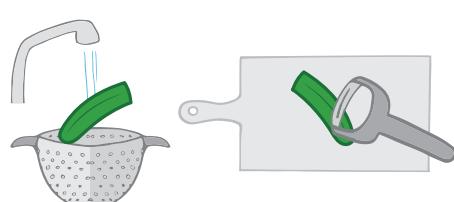


Poivre/Sel

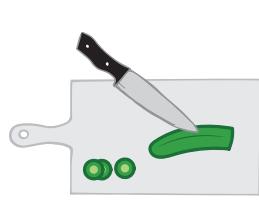


Les étapes

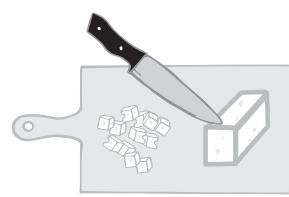
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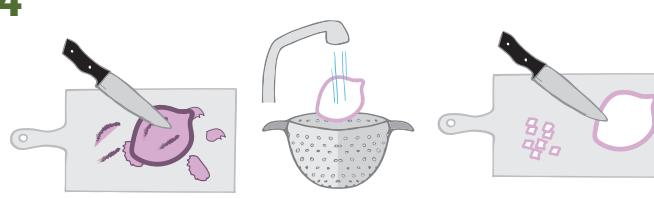
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3



4



5





Ratatouille

2 Personnes

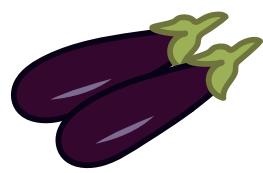


Ce qu'il faut



1 boîte

Coulis
de tomate



2 Aubergines



1 Oignon



Huile
d'olive



2 Courgettes



2 Gousses
d'ail



Poivre/Sel



Les étapes

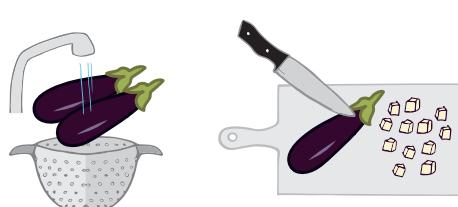
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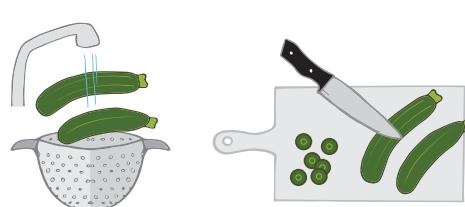
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3



4



5



6



2 mn



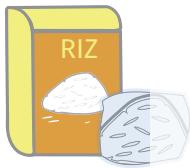
5 mn



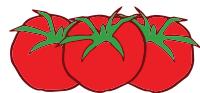
20 mn



Ce qu'il faut



Moitié sachet
Riz



3
Tomates



10
Cornichons



Maïs



Thon



Mayonnaise



Poivre/Sel

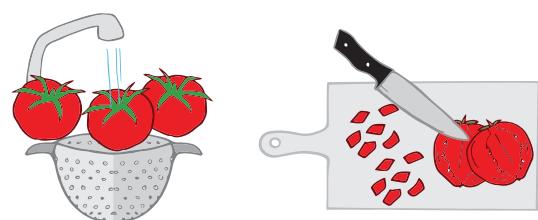


Les étapes

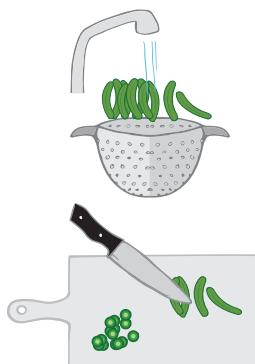
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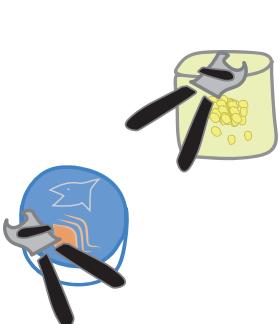
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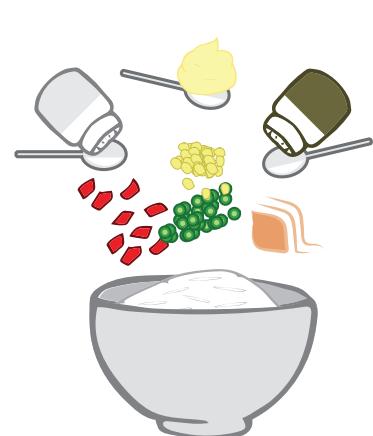
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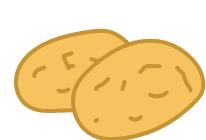


5





Ce qu'il faut



2
Pommes
de terre



1
Oignon



4
Œufs



Moitié
barquette
Lardons



4
Champignons



Moitié Sachet
Gruyère



Crème
fraîche



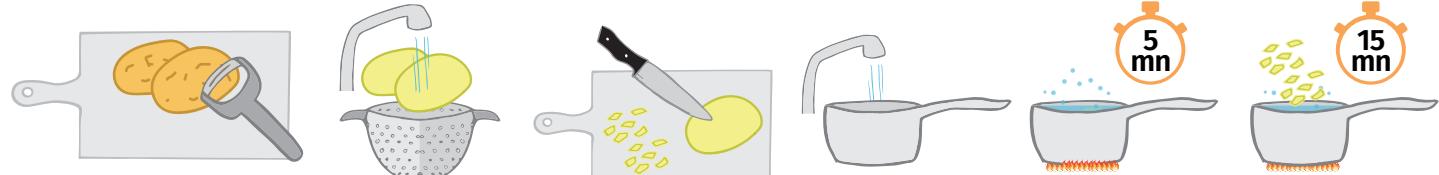
Huile
d'olive

Poivre/Sel

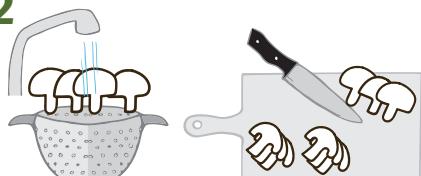


Les étapes

1



2



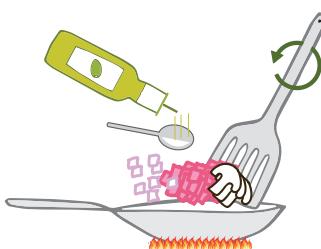
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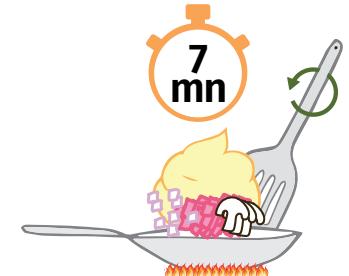
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5



6



Salade pommes de terre

2 Personnes



Ce qu'il faut



4
Pommes
de terre



4
Tomates



2
Œufs



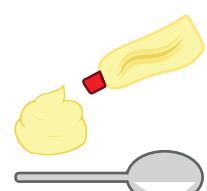
Huile
d'olive



1 Boîte
Jambon



10
Cornichons



Mayonnaise

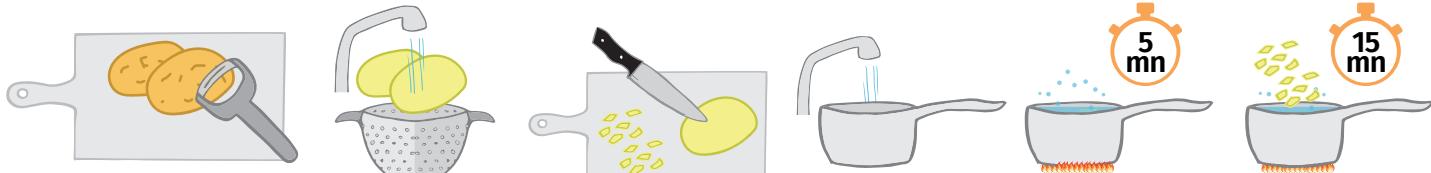


Poivre/Sel



Les étapes

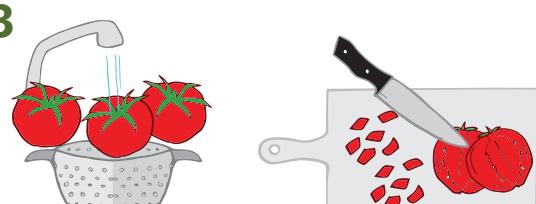
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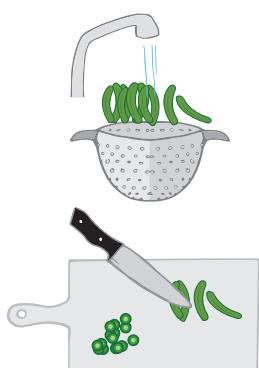
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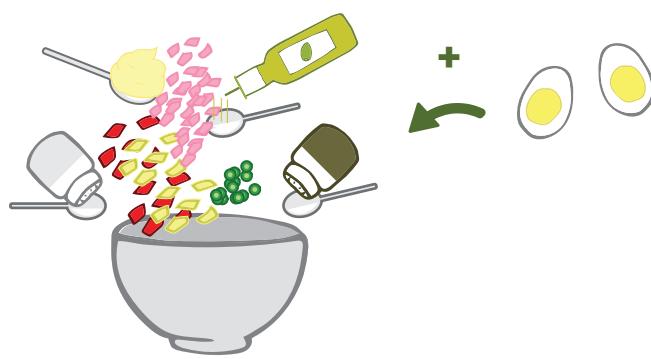
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4



5

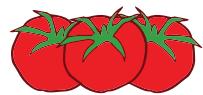




Ce qu'il faut



1 Sachet
Taboulé



3 Tomates



Moitié
Concombre



Huile d'olive



1
Eau



1 Thon



Moitié
Citron

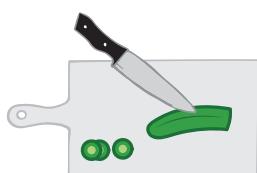


Poivre/Sel



Les étapes

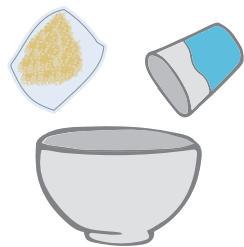
1



2



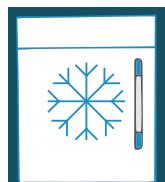
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4



5

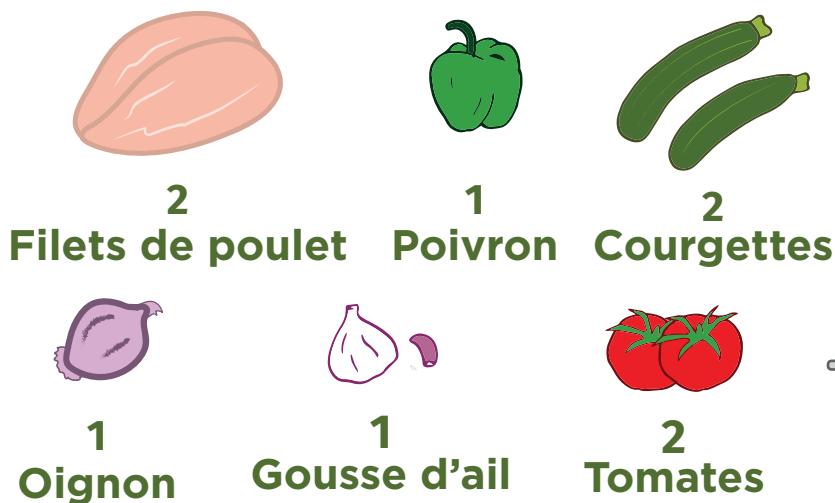


Poulet aux légumes

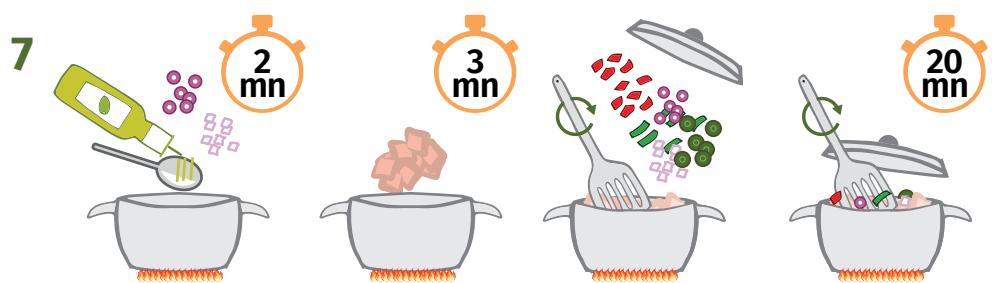
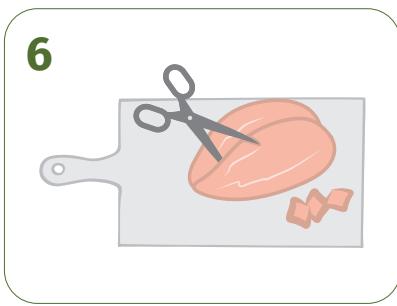
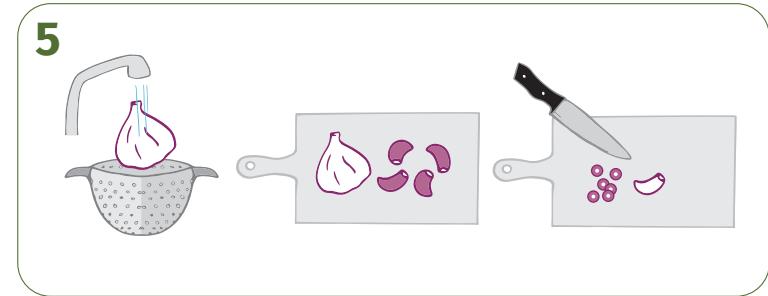
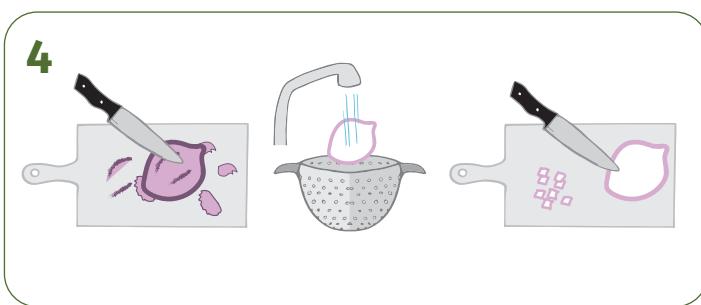
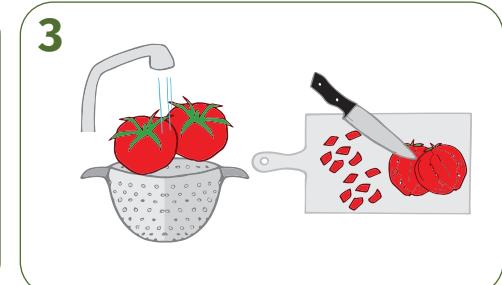
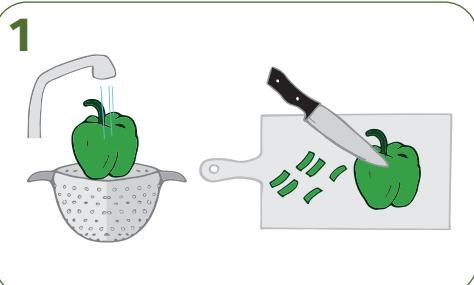
2 Personnes



Ce qu'il faut



Les étapes



Gratin de courgettes

2 Personnes



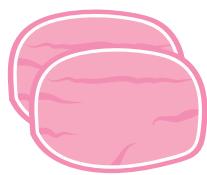
Ce qu'il faut



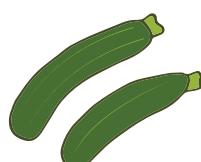
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Œuf



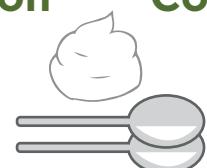
Moitié sachet
Emmental



2 Tranches
Jambon



2
Courgettes



Crème fraîche

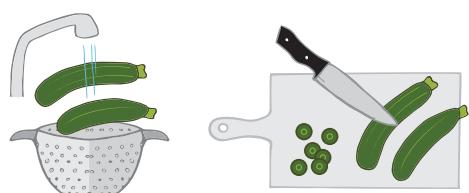


Poivre/Sel



Les étapes

1



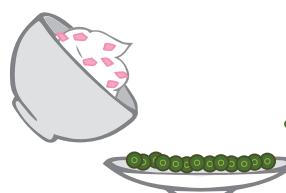
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3



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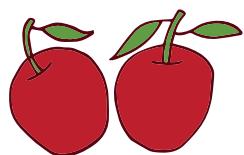
Recettes **sucrées**

Compote de pommes

2 Personnes



Ce qu'il faut



2
Pommes



Moitié sachet
Sucre vanillé



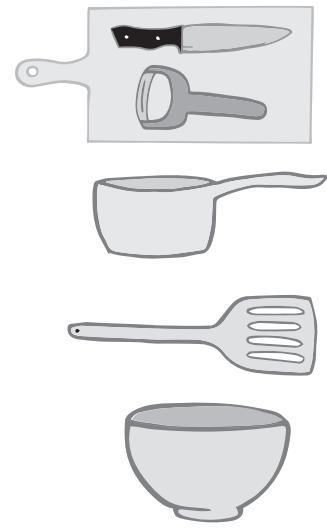
1
Eau



Cannelle

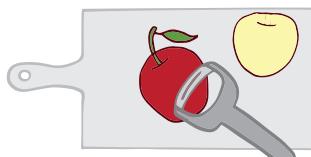


Sucre blanc

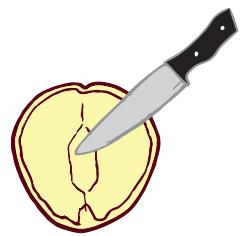
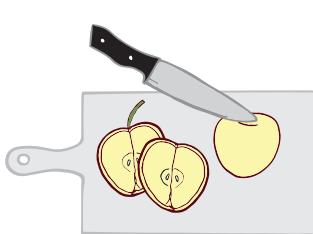


Les étapes

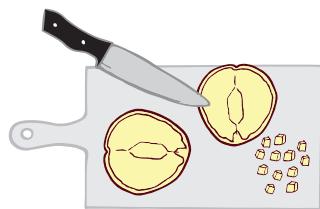
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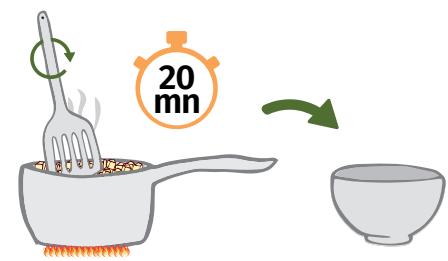
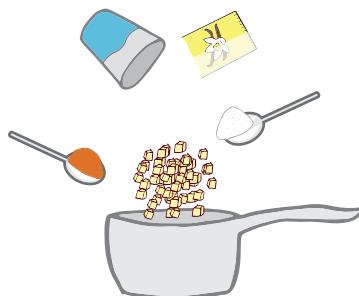
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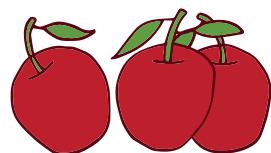


Clafoutis aux pommes

2 Personnes



Ce qu'il faut



3
Pommes



1 Sachet
Sucre vanillé



1
Lait



Huile
d'olive



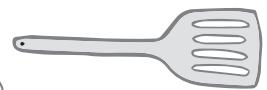
1
Farine



3
Œufs

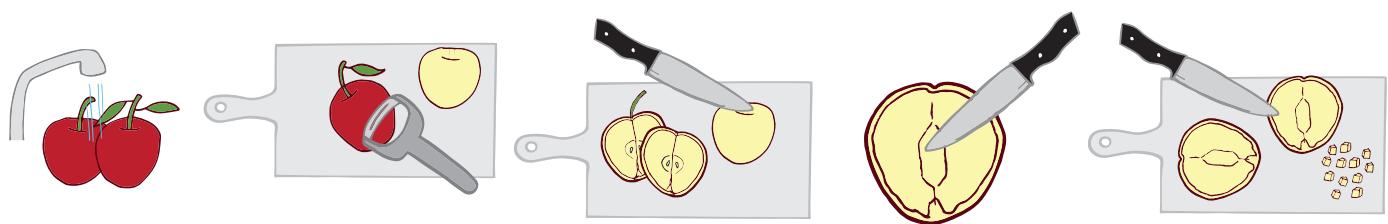


Sucre



Les étapes

1



3



4





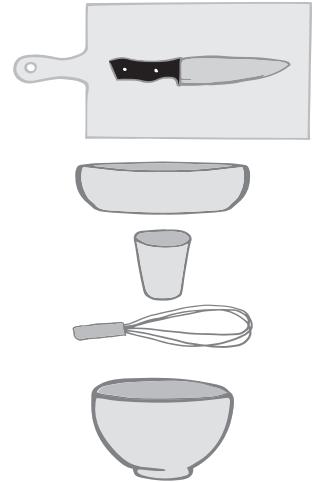
Ce qu'il faut



1 Tablette
Chocolat noir
dessert

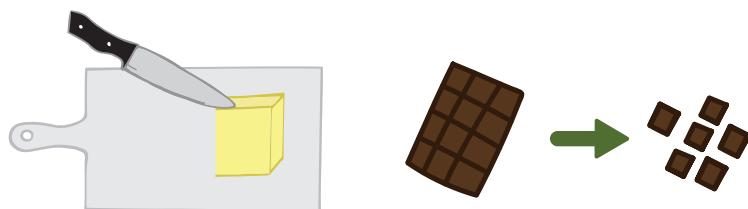


Moitié plaquette
Beurre

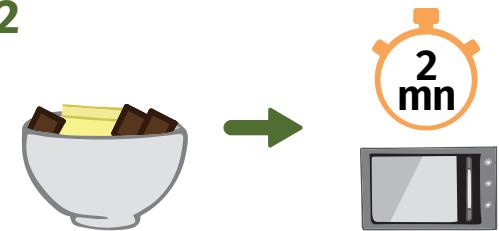


Les étapes

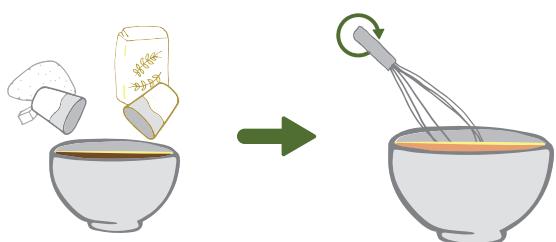
1



2



3



4



5



À la sortie du four,
si le gâteau ne paraît pas
assez cuit, c'est normal.
Laissez le refroidir !

Salade de fruits

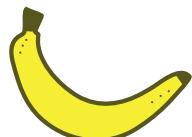
2 Personnes



Ce qu'il faut



1
Pommes



1
Banane



1
Kiwi



1 Sachet
Sucre vanillé



Moitié
Citron

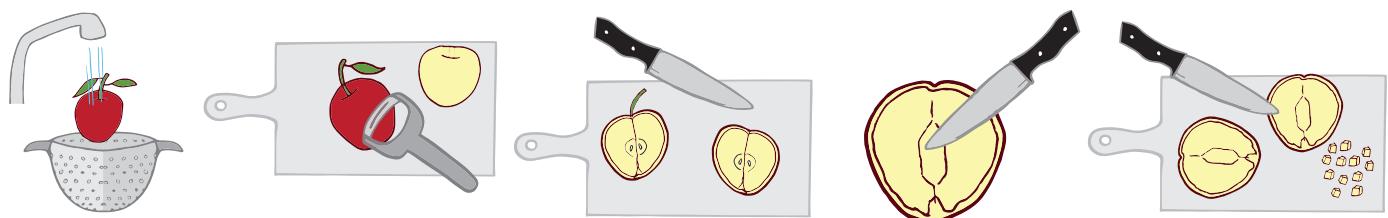


2
Clémentines



Les étapes

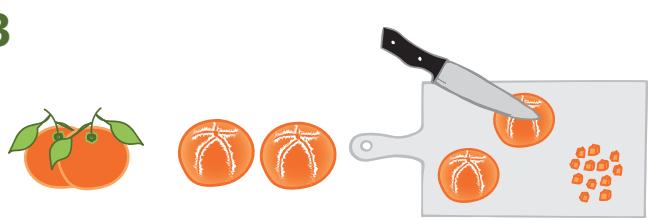
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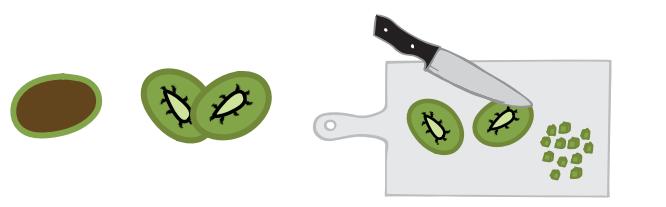
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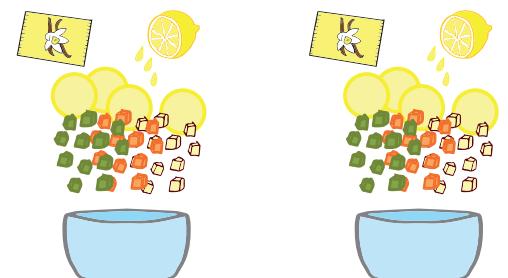
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4



5

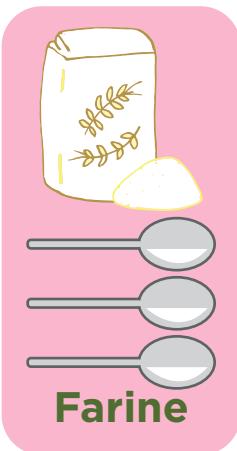


Biscuit coulant au chocolat

2 Personnes



Ce qu'il faut



50g

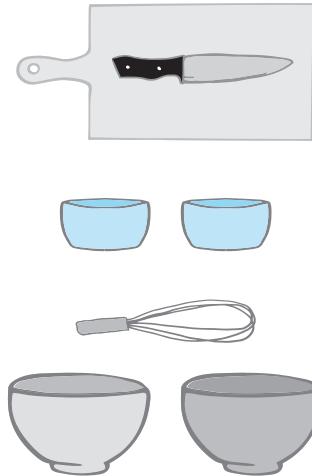
Un peu
Beurre



2
Œufs

10 Carreaux
Chocolat noir
dessert

Moitié
d'un verre
Sucre

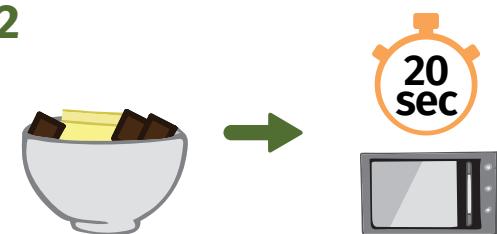


Les étapes

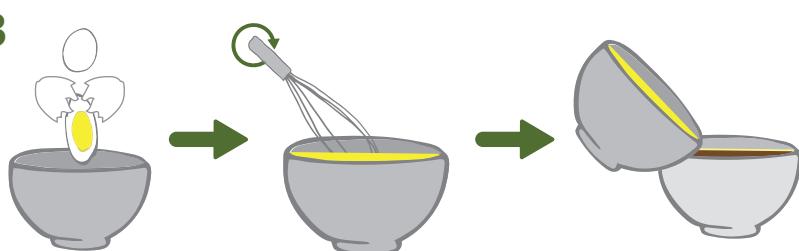
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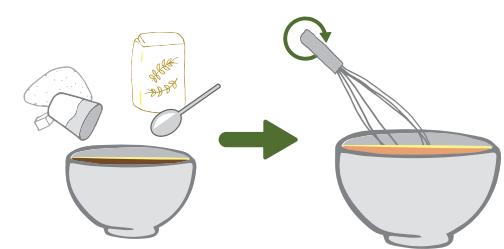
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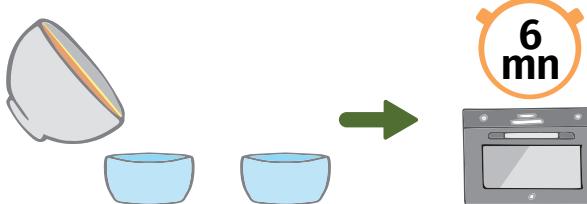
3



4



4



Pommes, bananes, chocolat, palets bretons

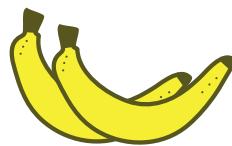
2 Personnes



Ce qu'il faut



1
Pommes



2
Bananes



Moitié
Citron



6 Carreaux
Chocolat

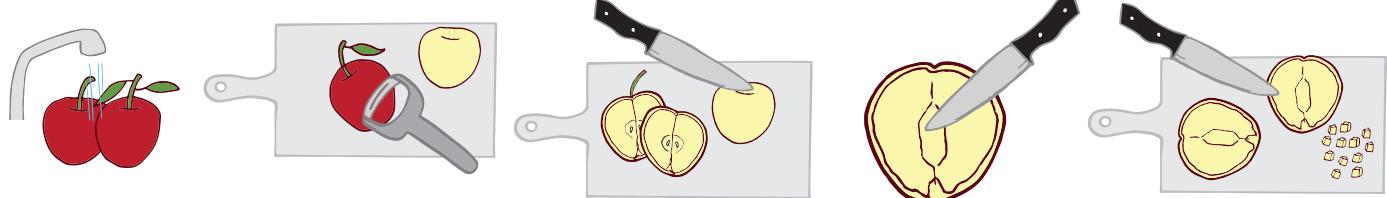


4
Palets Bretons

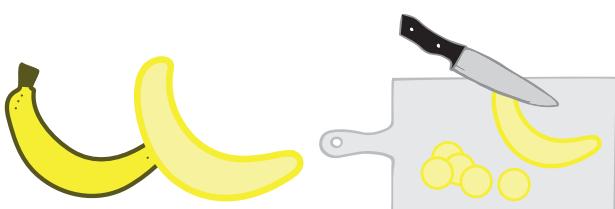


Les étapes

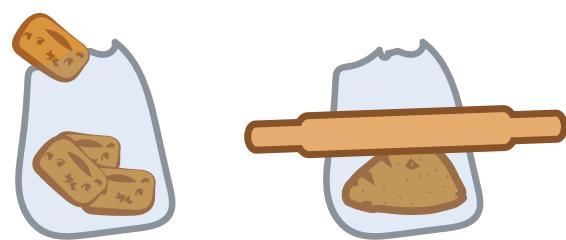
1



2



3



4

